

**PERUBAHAN GAYA HIDUP MAHASISWA ALUMNI  
PONDOK PESANTREN DI UNIVERSITAS PENDIDIKAN  
INDONESIA**

**Pembimbing 1: Prof. Dr. Achmad Hufad, M.Ed**

**Pembimbing 2: Prof. Dr. Elly Malihah, M.Si**

**Muhammad Habibul Irsyad**

**1204330**

**ABSTRAK**

Penelitian ini dilatarbelakangi karena alumni pondok pesantren mengalami proses adaptasi gaya hidup dari lingkungan yang berbeda sebagai upaya integrasi terhadap masyarakat di lingkungan yang baru. Penelitian ini akan memaparkan: perubahan gaya hidup mahasiswa alumni pondok pesantren, faktor-faktor yang mempengaruhi perubahan gaya hidup, dan upaya pengendalian gaya hidup mahasiswa alumni pondok pesantren dalam menghadapi lingkungan sosial yang baru. Penelitian ini menggunakan pendekatan kualitatif dengan metode deskriptif. Teknik pengumpulan data dengan melakukan wawancara mendalam, observasi partisipasi, studi literatur, studi dokumentasi. Hasil penelitian menunjukkan: (1) Perubahan gaya hidup mahasiswa alumni pondok pesantren terjadi pada pola kegiatan dalam mengisi waktu luang dan penggunaan uang, serta minat terhadap teknologi, makanan, rekreasi, fashion, dan pergaulan. (2) Faktor-faktor yang mempengaruhi gaya hidup yaitu faktor *internal* dan *eksternal*. (3) Upaya pengendalian yang dilakukan oleh mahasiswa alumni pondok pesantren dalam menghadapi gaya hidup di lingkungan yang baru berupa mengikuti kegiatan perlombaan, berkumpul dengan teman alumni pondok pesantren, dan melihat video kajian tentang keagamaan. Ketiga upaya ini merupakan sebuah bentuk pengendalian sosial guna mencapai keserasian dari dampak adanya perubahan.

Kata Kunci: Pondok Pesantren, Gaya Hidup, Perubahan, Mahasiswa.

**LIFESTYLE CHANGES STUDENTS ALUMNI OF THE COTTAGE  
BOARDING SCHOOL AT THE INDONESIA UNIVERSITY OF  
EDUCATION**

**MUHAMMAD HABIBUL IRSYAD**

**1204330**

**ABSTRACT**

This research is based on alumni of the islamic boarding school which is facing a process of lifestyle adaptation from a different environment as an effect towards integration of the society in the new environment. This research is aimed to describe: a lifestyle changes from student alumni of the islamic boarding school, the factors that affect lifestyle changes and effort of controlling lifestyle to the new social environment. This study utilized a qualitative approach with descriptive methods. The technique of collecting data is by conducting in-depth interviews, participatory observation, literature, and study the documentation. The results showed that: (1) Lifestyle changes of student alumni of the cottage boarding school are happened in the side of doing the leisure activities and using money, as well as the interest in technology, food, recreation, fashion, and promiscuity. (2) Factors behind lifestyle changes includes two factor: Internal and ekstenal. (3) The control of conducted by students alumni of the cottage boarding school for confront a lifestyle at the new environment are: follow the islamic forum, surrond themselves with alumni of the cottage boarding school, and watch the religious video. These three efforts are a form of social control to reach the balance of the impact of change.

Keywords: the cottage boarding school, lifestyle, change, students